


NEWSLETTER

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INFANT & PREGNANCY LOSS REMEMBRANCE DAY

The loss of an infant is devastating. National Pregnancy and Infant Loss Remembrance Day honour those lives lost to miscarriage, Sudden Infant Death Syndrome, stillbirth, the death of a newborn, and more



On October 15, take the opportunity to reflect, honour, and come together over pregnancy and infant loss. If you have a loved one who has experienced this loss, take the time to give them the love and support needed to process and recover.

Remembrance and support of the **estimated 1 in 4 individuals** and families whose lives are irrevocably altered by the death of their children, during pregnancy, at birth and in infancy.

The day aims to;

- Raise awareness of the need for support
- Encourages people to talk
- It honours the babies who have passed.

This year our theme is **Wellbeing**, and we will be exploring what this means to people from all walks of life who have been affected by pregnancy and baby loss.

We recognise that health workers, who have been under immense pressure during the pandemic, can only look after bereaved families with empathy and kindness if they are supported, and we are here for them too.

Life expectancy at birth for males declined from 62,4 in 2020 to 59,3 in 2021 (3,1-year drop) and from 68,4 in 2020 to 64,6 for females (3,8-year drop). Although life expectancy at birth is an important health indicator, in the COVID-19 period, it should not be interpreted as a projection of an individual's lifespan but should instead be used to shed light on the cumulative burden of a crisis compared to recent trends.



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“Even among women who have had two or three consecutive unexplained pregnancy losses, **about 65 to 75 percent have a successful next pregnancy** that ends in a live birth.

Try to remind yourself that you can — and most likely will — become pregnant again and **give birth to a healthy baby**. For the vast majority of women, a miscarriage is a one-time event — and actually, an indication of future fertility.”

YOU ARE NOT ALONE

Parents and families tell us how important it is that they each find a way to remember their baby in a way that suits them. Some join with others at special services organised by their local hospital or a local support organisation. Some find solace in events organised by their faith community, while others will remember alone in a way unique to them. It is important to remember that there is no right or wrong way, and it can change as the years' pass.

Take care of yourselves, and know that we are here for you now and throughout the year. You are not alone.



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THANK YOU

SOURCE

<https://babyloss-awareness.org/>
<https://www.awarenessdays.com/awareness-days-calendar/pregnancy-and-infant-loss-remembrance-day-2021/>
<https://www.whattoexpect.com/pregnancy/after-miscarriage/>

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